



THIS IS READY, SET, GO

Your introduction to Nike+ Run Club's World of Running. In the World of Running, we run united because we share this truth: We're all meant to be runners. (Yep, even you.)

But we didn't start this way. We started as beginners. We ran through the first runs, the struggle runs, the "this isn't fun" runs and the "I

didn't know I had it in me" runs. Then we realised being a runner isn't just about the act of running. Being a runner is something that's within us all.

That's why the Nike+ Run Club is here to get you started.

Come run with us.

NRC COACH'S LETTER



The goal of Ready, Set, Go is to help you become a better runner by introducing you to our World of Running.

You do know that you already are a runner, right? There is no questioning it. The only question is whether or not you are running. After this, you will be.

We've packaged up everything we feel you need to kick off your running journey. As you work your way through Ready, Set, Go, you'll learn the basics, gain confidence, receive motivation through 10 fun workouts, and ultimately discover what makes running so special for millions of athletes around the world. After you've reached the end of this journey, you'll be ready to take off on your own running adventure. But don't worry—you're never running alone. NRC is here to provide all the support you need to keep going.

It's not always going to be easy. There will be days when you don't want to put your shoes on. But there will be other days when you and the run seem to fly. Embrace both of these types of days because both will make you a stronger athlete.

You will be introduced to different ways to run. You will do Recovery Runs, Fartlek runs, intervals and tempos. (You'll even know what those mean!)

Sounds intense, right? It's not. It's just running. And you are meant to run, whether you believe it or not!

So, have fun. And remember, we will be here coaching, guiding and inspiring you every step of the way. We believe in you.

Cheers,

Chris Bennett,
Nike+ Global Head Coach



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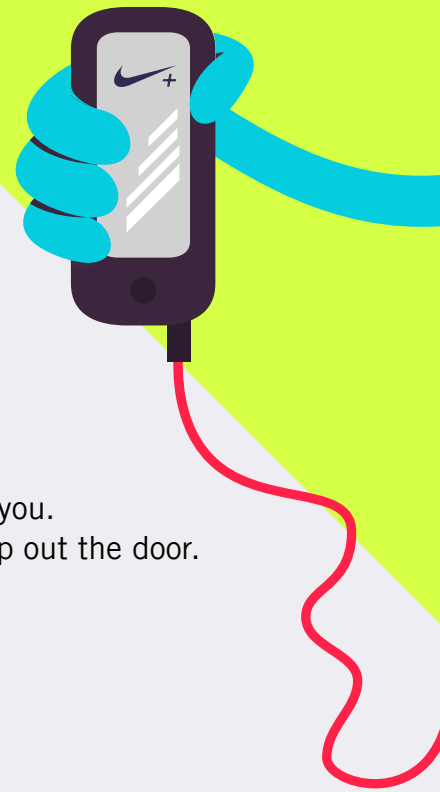
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KNOW BEFORE YOU GO



You already have the main tool you need to start running - you. Here are just a couple of things to have in your pocket before you step out the door.

NIKE+ RUNNING APP

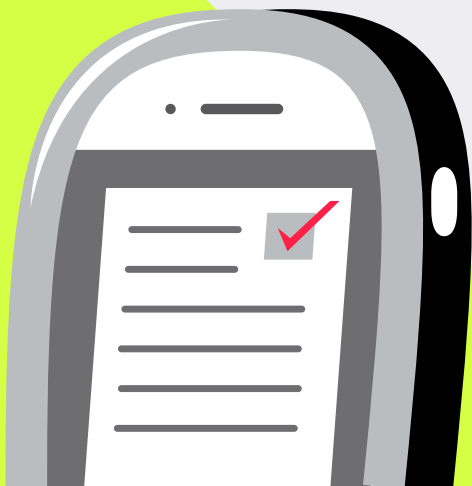
Tracking your progress is fundamental to your running journey. The Nike+ Running App is here for that. You can track your distance and speed in each run and earn badges as you hit each milestone. You can make a note of what mood you were in while you ran, the weather you ran in and what shoes you wore. Don't leave for a run without firing up the App.

[Download it now.](#)

SPOTIFY

Music can be a huge motivator on your run. That's why we've created NRC playlists for every type of run. Power your run with the NRC Ready, Set, Go Playlist straight from your Nike+ Running App, or listen on Spotify now.

[Listen now.](#)



**COME RUN
WITH US!**

The text 'COME RUN WITH US!' is rendered in a large, bold, black sans-serif font, centered on a white horizontal band. The letters are stylized with thick black outlines. Several running shoes in various colors (grey, yellow, blue, black) are integrated into the text, appearing to be attached to the letters by black lines that suggest motion and speed. The background is a vibrant lime green, decorated with scattered yellow and purple teardrop shapes.



RUN 1

The number one rule of running is... run! Sounds easy enough, right? But the hardest part is getting started, so let's jump that hurdle and begin the first run now. Prove yourself awesome, lace up and step out the door. The world awaits you. We'll jump into the running tips and tricks when you get back.



RUN 1

GET OUT HERE



WHAT TO EXPECT

We're going to kick things off with a simple out-and-back. It's all about just hitting the road and slowly warming your mind and body up to the idea of running.



WORKOUT

Before you begin, set your Nike+ Running App to a Basic Run. Run for five minutes (that's less time than it takes to order your morning latte), then turn around and run back. Seriously, that's it.



TIP

Don't concern yourself with how far or fast or long you run today. The victory is in getting out there and moving your legs. If you can't make it the full five minutes, that's okay. Even if your run is to your neighbour's driveway and back, you made it. You win. You're awesome. And to celebrate this small victory—and big step—let's talk about some other things that are awesome... about running, of course.



**YEAH,
IT'S
HEALTHY
BUT IT'S
COOL**



REASONS WHY RUNNING IS AWESOME

Yeah, the health benefits are important, but there are so many more things that make running a great way to spend your free time. Here are a few of them.



THERE ARE NO SIGN-UP FEES

No monthly fees! You don't need a fancy gym membership. Just lace up and go, that's it.

YOU CAN RUN ANYWHERE

Lace up and the world is your oyster. Whether it's your local school track, the park, on a treadmill or even on holiday, log kilometres anywhere.

MAKE RUNNING YOUR "ME TIME"

Crazy commute? Cabin fever? Cramming for exams? Running is a great way to unwind, get outside, enjoy nature and find your Zen. Whether it's catching up on your favourite podcast, listening to a new album or enjoying some peace and quiet, running can be your escape. Just slip on those running shoes and let the day's pressures melt away.

IT MAKES YOU FEEL LIKE A SUPERHERO

Nothing makes you feel like you can take on the world quite like getting out for a run, especially in the early or late hours.

YOU CAN TRACK YOUR PROGRESS

Progress is addictive, which is one reason why many runners log their runs. With the Nike+ Running App, you can track your progress and compare how different workouts make you feel. Use the app anytime you get on the road to log your speed, distance and mood while you run. You can even share your mid-run selfies.

YOU CAN MAKE NEW HUMAN FRIENDS (AND SPEND QUALITY TIME WITH THE FURRY ONES)

Running is a great way to make new friends who all share a common goal or inspire your friends to move towards a goal together. Remember, you can find friends to connect with using the Nike+ Running App. It's also a great way to give your furry friend some exercise.

YOU CAN EARN SOME BRAGGING RIGHTS

It's hard to beat the feeling of setting a goal, crushing it and then letting your friends know. Make the Nike+ Running App your megaphone. Even if you don't have a physical running group, your friends can cheer you on through Facebook and check out your post-run photos on Twitter and Instagram.

OH YEAH, AND YOU CAN MAKE IT A FUN WAY TO STAY HEALTHY

Running just two or three times a week will help you feel better than ever. Make your workout feel like an epic training montage with the Ready, Set, Go, Run playlist on Spotify. And move your heart rate to a whole new rhythm.



RUN 2

Think of the street as your own personal dance floor. Now get moving, find your groove and experiment with different paces by running to the rhythms of a customised playlist.



BEAT BUSTER



WHAT TO EXPECT

Mixing up your pace throughout a run, otherwise known as a Fartlek (Swedish for “speed play,” and one of the more humorous words in the running lexicon), teaches your body how to change gears, to go fast, slow, hard and easy. These are all speeds and efforts that will come in handy as you develop as a runner. Music is a tool to help you get there.



PREP

Make a playlist with four of your favourite songs. First: slow, second: fast, third: slow, fourth: fast and fun. If you’re looking for song ideas or more motivation, you can find all the NRC Spotify Playlists [here](#).



WORKOUT

Start your playlist and get running. Run easy when the song is slow, and then pick up the pace when the song is fast. Let the beat guide your pace. Singing along is optional.



TIP

Check the Nike+ Running App to see if you ran your fastest pace during the most up-beat songs. On the Run Details screen, rotate your phone to landscape mode to see how your pace changed over the course of your run.



**LET'S
BREAK
DOWN
FICTION
AND
FACT**



RUNNER'S MYTHS DEBUNKED

You've probably heard some wacky things about running. Allow us to break down what's fiction and fact.

SERIOUS RUNNERS ONLY WEAR SHORT-SHORTS

Fewer inches mean fewer distractions, but you don't have to don a singlet and racing shorts to be a legit runner. A quick look at a [running catalogue](#) or our apparel options on [Nike.com](#) will show you just how approachable the sport has become for athletes of all styles.

YOU HAVE TO JOG IN PLACE AT EVERY STOPLIGHT

Killer moves on the corner, huh? Some folks prefer to keep moving at all times and it's a personal preference, but it's okay to chill mid-run. And your numbers don't have to suffer; the Nike+ Running App will stop when you stop, so you don't have to worry about rushing to hit pause.

RUNNING BRINGS BATHROOM STRESS

The reality is, anything could happen. But try to be prepared. If you're heading out on a Long Run, plan your route to take you by a few public toilets. If you're hitting the trails, don't be afraid to become one with nature.

KILOMETRES ARE THE ONLY THING THAT MATTER

Don't just grind out the kilometres for the sake of hitting a bigger number. A number can't capture the quality of a workout—the true measure of a run is how you felt and what kind of effort you gave.



An illustration of a hand holding a running shoe. The hand is rendered in a bright cyan color, with fingers curled around the heel of a dark blue running shoe. The shoe has a white sole and a small white logo on the side. The background is a bright green diagonal stripe.

YOU SHOULD CARB-LOAD BEFORE A RACE

Eating enough calories (and getting enough sleep) is super important before you take the starting line, but you don't need to have a pasta binge unless you're tackling a marathon distance or longer. Too many carbohydrates can actually slow you down on a shorter race.

RUNNERS ARE LONERS

Sure, running is a great way to escape the hustle and bustle of your busy life. But it's a social sport. Attend any run club or race and you'll see just how vibrant and welcoming the running community is.

RUNNERS ARE WEIRDOS WITH THEIR OWN VOCABULARY (AND WHAT'S WITH THE WAVING?)

Like any sport, running has some technical terms. Just check out our [Running Lingo Guide](#) for help with those. Runners do tend to

get excited about stuff most people wouldn't understand ("I knocked out five strides and a tempo run!"). But we mean well. Runners just love running—it's our subculture. Now you can start sharing your own training stories, and next time you're out on a run, don't be afraid to wave back.

RUNNING IS BORING

That's not even a myth. That's an excuse. Check out our comprehensive list of [reasons why running is objectively awesome](#).

IF I'M HAVING FUN, I CAN'T BE A REAL RUNNER

This may be the most unfortunate misconception of all. Too many people think running has to be a grind—that serious runners are a particular type of person that inexplicably enjoys pain. But it's supposed to be fun! If you start smart, develop a routine, make some running friends, find your groove and begin seeing progress, you'll fall in love.



RUN 3

During your last run, you played with various speeds. This workout is all about finding a pace that you're comfortable with throughout the course of your run. It's not always about running fast; it's about running smart.



CRUISE CONTROL



WHAT TO EXPECT

In between hard workouts (Speed Runs or Long Runs), it's important to take a day to recover. This doesn't always mean rest—you can go on a short, easy run and let your body actively recover, too. This workout is designed to help you keep it cool and controlled during a Recovery Run.



WORKOUT

Run for eight minutes and turn around, taking the same route to return to start. The second half shouldn't be slower or faster than the first eight minutes. Your goal is to stay relaxed and maintain a consistent pace throughout the entire duration of your run.



TIP

Your last run was speedy! And nothing helps you recover from a Speed Run like a Recovery Run. Make it your main goal to keep it easy and relaxed the entire time, to help your legs recover for your next big effort.



**TIME TO
LOOK AND
FEEL
THE PART**



RUN GEAR ESSENTIALS 101

Now that you've notched up a few runs, it's time we talk about properly gearing up. We want you to better understand the performance innovations behind why you should wear certain running gear, so you look and feel the part.

LET'S KICK IT OFF

Okay. We're Nike. Of course we mention shoes first. But trust us, it's the one piece of the kit you can't neglect when starting your running journey.

Don't even think about grabbing an old pair of workout shoes to run in. And don't pick your new running shoes because of style alone.

Visit your nearest Nike Store to chat to an expert.

If you can't make it in store you can also use the [Nike shoe finder](#) to explore our shoes based on how you want to run.





KIT

Let's start with the basics. Sure, we focus a lot on our innovations, but the reason all that tech matters is that some of this gear can help you run better. It can make you feel faster, more comfortable and more cool (which makes running more fun). Here are a few things to think about when putting together your running kit:

DON'T SWEAT IT

One rule: don't run in a cotton t-shirt. Cotton fibres get heavy and stay wet when you sweat, which can make it hard to keep your cool. Tops made of fabrics specifically engineered for running (like Dri-FIT) are great because they're light, comfy and they won't get waterlogged. We recommend having one or two Dri-FIT tops in your running wardrobe.

BOTTOMS UP

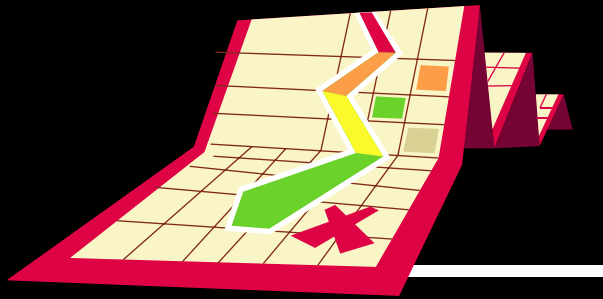
Most runners prefer running in shorts and/or tights. There's a wide variety of styles and innovations for performance tights and a wide variety of lengths and types of shorts. Tights can help keep your legs warm and prevent chaffing, while shorts are perfect for warmer days. What you wear is up to you, just be sure you wear bottoms that won't slow you down.

ROCK THOSE SOCKS

Blisters suck. Runners' socks can help you avoid them. They wick sweat better than regular socks, provide zoned cushioning for comfort, as well as compression that minimises swelling. There are a lot of choices out there—from no-show to quarter to crew to over-the-calf—but your sock choice is really a matter of preference.

SUPPORT YOUR GIRLS

If you're a woman, your sports bra matters as much as your shoes. 80% of women are wearing the wrong size and type of bra – don't be one of them. Help avoid back problems and seek maximum comfort with a bra that supports you on the run.



RUN 4

You've already played with pace and distance, but now it's time to go long—whatever that means to you. Whether it's one kilometre or five kilometres, the challenge is all the same. You'll soon discover (if you haven't already!) that running is about learning to push yourself to go harder, longer, faster. The big thing is to have fun while doing it.



RUN4

MAP MAKER



WHAT TO EXPECT

This workout is designed to introduce you to the Long Run without getting intimidated by the distance. Stay positive, be creative and then go crush it.



WORKOUT

Running is an art. And today, you're the artist. Your main goal is to go longer (or further) than ever before. Take your mind off the kilometres by using the Nike+ Running App to design a creative route, turning your first Long Run into a masterpiece to share with friends.



TIP

Keep your route design simple. Think of ways to take advantage of the streets, trails or open spaces that you'll encounter on your run. And don't forget to factor in the distance it will take you to complete your artwork by foot—the goal is to complete your design without getting tired (or not making it to the finish line).



MAKE SENSE



OF THE

WEIRD AND

WONDERFUL



WHAT'S THE DEAL WITH...



PEOPLE RUNNING IN GROUPS?

Maybe they zipped by unnoticed before, but now you're starting to spot these early-morning run clubbers. They can range widely in size, age range, experience level and intensity, but all run clubs have one thing in common: community. It's what makes the sport of running so unique. [\(Come run with us at a physical NRC location near you\)](#)

THOSE ELABORATE FANNY BELTS?

Some runners wear hydration belts with space perhaps for snacks and performance gels. Most often, these runners are doing super-long-distance training. You don't need all these supplies (at least not yet). But hydration is important for runners of every level. You don't always need to carry water for short, quick runs, but you should consider carrying water on a longer run, especially if it's hot out. When

possible, plan your run to take you past a water fountain, or carry some cash so you can buy a drink while you're out.

THAT WEIRD PAIN IN MY SHINS?

Runners call it shin splints. Shin splints are no fun and develop when you increase your training speed and intensity too quickly. One way to avoid them in the first place is by ramping up your training carefully. A good rule: on longer runs, don't go more than 10% farther than you've gone before.

PEOPLE RUNNING BAREFOOT?

Sure, it feels nice to go on a jog with soft grass and dirt underfoot. But, whatever you may have heard, you don't need to rebuild your stride and buy zero-drop shoes to run "the right way." The right way is **your way**.



RUN 5

You're halfway through your ten-run challenge. Nice going. The good news is it's almost all downhill from here. And speaking of hills... get ready to tackle them. Why? We're not going to tell you it's because they're fun. It's because they're important. Push yourself to the highest height, and then celebrate how far you've come.



LEVEL UP



WHAT TO EXPECT

Incorporating hills or any kind of incline, really, into your training will make you a stronger runner—it's as simple as that. It not only challenges your cardiovascular system, but it also strengthens your glutes and improves your running efficiency.



WORKOUT

Run up a moderately sized hill/stairs/incline as fast as you can, and then jog back down to recover. Repeat four times. Try to find a stretch that is at least 30 seconds long. A victory cheer (or high-five from your running partner) after each climb is not required, but is highly encouraged.



TIP

While running uphill, don't lean too far forward. A slight lean with your chin leading your chest is enough. Take short strides so you're not putting as much strain on your quads, while maintaining a quick cadence and use your arms to create momentum. On the downhills, focus on getting your breathing under control and lowering your heart rate.



FIND THE 
F  **ORM**
THAT
FITS YOU 



FINDING FORM

You've tackled a few different types of runs now. It's time to start thinking about how your form will affect your running experience.

BE UPRIGHT, NOT UPTIGHT

Runners tend to hold tension in their upper body. Keep your head up, eyes forward (but be cautious of objects on the ground, such as tree roots while on a trail), let your arms swing naturally and don't bunch your shoulders or clench your fists.

RELAXED RUNNING LEADS TO FAST RUNNING

Keeping your face, neck and shoulders relaxed will help you avoid burning energy that you'll need to finish strong. Relaxed running leads to fast running.

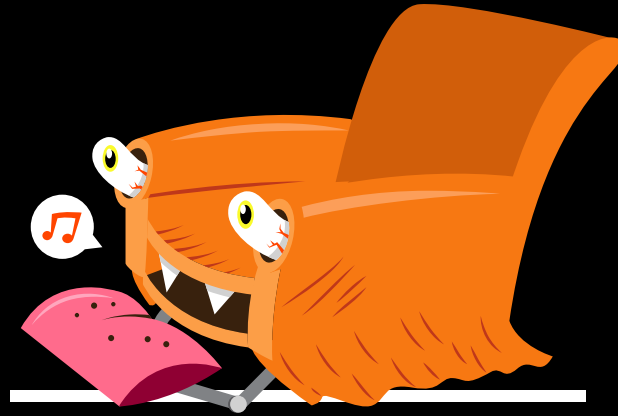
BUT NOT TOO LOOSE...

You want your stride to be consistent and efficient. Find the right balance.

MOST IMPORTANTLY, YOU DON'T NEED TO CHANGE YOUR FORM TO GET FASTER

Your body is unique. Because of that, you will naturally have your own stride. Embrace it. While there are some general tips, your form will become more efficient as you run more and get stronger.





RUN 6

Your last run was hard. Nothing like a good hill to make you really appreciate running on flat terrain, huh? Lucky for you, today is another Recovery Run. You'll play with your pace a little bit, but the main goal is to give your body a chance to recover.

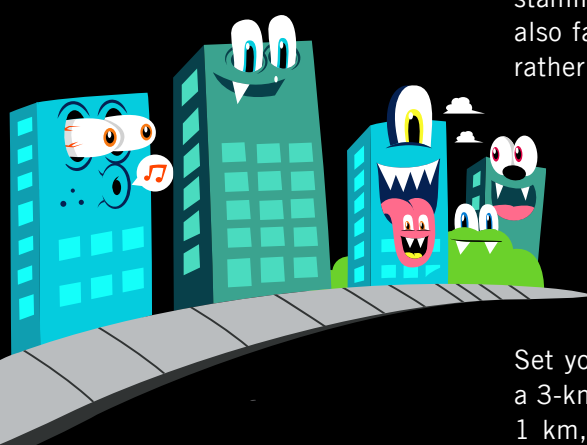


RECOVERY MISSION



WHAT TO EXPECT

Most of the runs you do will be Recovery Runs. This is because every one of these simple, out-the-door runs you do is actually helping you recover from your last hard run while building stamina for the next. This particular run will also familiarise you with running in kilometres, rather than miles.



WORKOUT

Set your Nike+ Running App to KM and go for a 3-km distance run. Start off easy for your first 1 km, and then try to run each kilometre that follows faster than the last.



TIP

Make your Recovery Runs work harder for you by finishing faster than you started. To see your splits (how fast you ran each kilometre), turn your Nike+ Running App sideways.



**YOU GOTTA
WORK OUT
TO RUN
FASTER,
FITTER,
STRONGER**



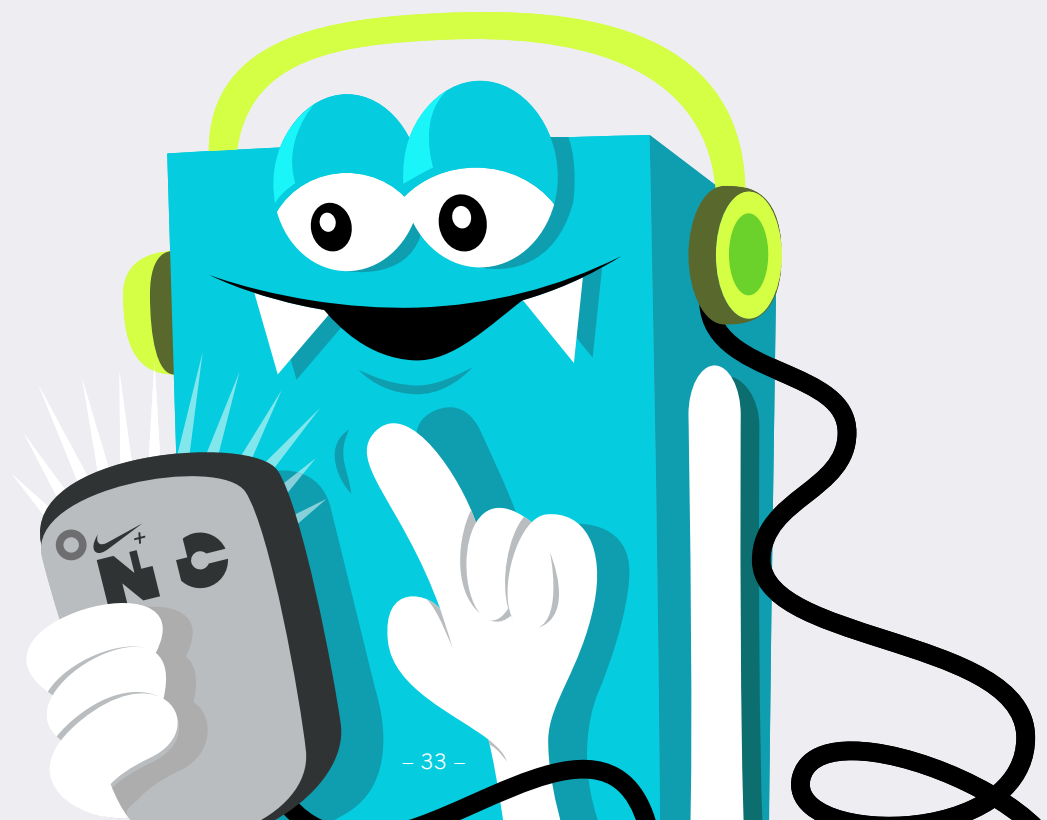
MORE THAN A RUNNER

You're six runs in (yay!), but guess what? You're not just a runner. You're an athlete. Cross-training is a great way to take advantage of a Recovery Day.

YOU'VE GOT TO DO MORE THAN RUN TO RUN BETTER

From building a strong core to strengthening your legs for those long strides, cross-training will help you run better.

We use the Nike+ Training Club workouts to make us stronger, faster and fitter runners. We recommend working out with the NTC App on a Recovery Day or using a workout to complement your run.





HERE ARE SOME NTC WORKOUTS TO GET YOU STARTED

TO BUILD STAMINA:

FRESH H.I. I. T.

An introduction to high-intensity interval training with moves that challenge every part of the body.

CARDIO HUSTLE WORKOUT

Improve reaction time and build lean muscle with power moves and stability work.

TO STRETCH IT OUT, TRY:

RUN READY YOGA WORKOUT

Bend, breathe and find your flow with this six-minute yoga-inspired program to support your running. This can be used before or after your workout.

YOGA READY WORKOUT

Go with the flow and explore posture and technique with this calm introduction to yoga.

FOR A STRONGER CORE:

CORE STABILITY WORKOUT

This focuses on your core and strengthens the muscle groups that support the hip joint, helping to build strength for your stride.

ABS AND ARMS WORKOUT

This strength-based workout incorporates drills focused on alternating upper and lower body muscle groups while consistently activating the core.

[Download the NTC App here.](#)



RUN 7

Welcome to the wild side of running. Sometimes you've got to channel your inner spirit animal to run as fiercely, fast and free as you can. Today's run is going to focus on incorporating some more serious speed play into your routine. Don't worry—you're going to love it.



RUN WILD



WHAT TO EXPECT

As you've learned, Fartlek workouts are when you alternate between various speeds within the same run. Just as in Run 2, this workout will challenge you to switch gears throughout the course of your run, teaching your body how to be comfortable at faster (and slower) paces.



WORKOUT

Run hard and fast for one minute. Then recover (run easy or stand still and concentrate on your breathing—whatever it takes for you to be ready to rock it afterwards) for one minute. Repeat five times.



TIP

Don't fight your fast. It's okay to push it. Sure, you may feel it a little when you've finished, but it's perfectly natural to run fast and it will only make you stronger. Just relax, listen to your body and run wild.



**TURN
YOUR
FAQS
INTO
WTRS**



WTR

(WHAT THE RUN)

You're seven runs in. It's getting serious. Let's clear up some of those "frequently asked questions" you may have as an up-and-coming running star.

SHOULD I STRETCH BEFORE I RUN?

Traditional static stretches aren't great for cold muscles. Leave the stretching for after you warm up. Hip, quad and hamstring stretches, as well as more dynamic movements like high knees, A-Skips and B-Skips, are a great way to prepare your body for the run.

IS RUNNING BAD FOR MY KNEES?

Running can help strengthen muscles around the knee joints and increase bone density. So while any athletic endeavour carries potential risks, a sensible running plan that includes recovery should keep you going strong. Seek medical advice before starting your running journey.

SHOULD I EAT BEFORE I RUN?

While the answer to this question varies from person to person, you should never feel stuffed or starved before a run. Ideally, a light snack consisting of complex carbs and some protein one-and-a-half to two hours before your run should keep you fuelled for your effort.

DOES RUNNING MEAN I CAN EAT WHATEVER I LIKE?

No, running doesn't mean you can have free reign on your favourite junk food. Food is fuel, so a nutritious diet will help you to run better. But remember, balance is the key. So if you want some cake, treat yourself!





WHAT'S THE BEST WAY TO HAUL MY WATER AND PHONE WHILE I RUN?

If you don't want to run with one of those elaborate utility belts, there are plenty of other options for carrying the supplies you'll need. Look into shorts with functional pockets, smartphone armbands and lightweight water bottle belts.

WHAT'S THE DIFFERENCE BETWEEN RUNNING ON A TREADMILL AND RUNNING OUTSIDE?

The treadmill pulls the ground underneath your feet and eliminates wind resistance. It's great on days when you can't bear to battle the weather or want to decrease impact, as most treadmills are padded. Running outdoors gives you the opportunity to explore new areas and admire the scenery.



RUN 8

Once again, it's time to go long. That's right—you're going to be eating some kilometres this week (get it?). This is your milestone run, and you'll be going further than you've ever gone before. Crush those goals.



KILOMETRE MUNCHER



WHAT TO EXPECT

This is your Long Run. The goal is going the distance and your pace should be comfortable enough to sustain more kilometres than ever before. You're building up your endurance with each extra step you take.



WORKOUT

Find your further run in the Nike+ Running App and then set out to beat it. Whether you go five more minutes or five more kilometres, you should feel good. This isn't about speed; it's about out running your best self. Focus on going the distance and recover when you need to.



TIP

Need some motivation to go the distance? Imagine the furthest run you've logged in the app belongs to your arch-nemesis and you have to beat it. We know it's weird, but every runner has a competitive streak, and tapping into that side of yourself can help you dig a little deeper. Don't quit until you surpass your rival's furthest stretch.

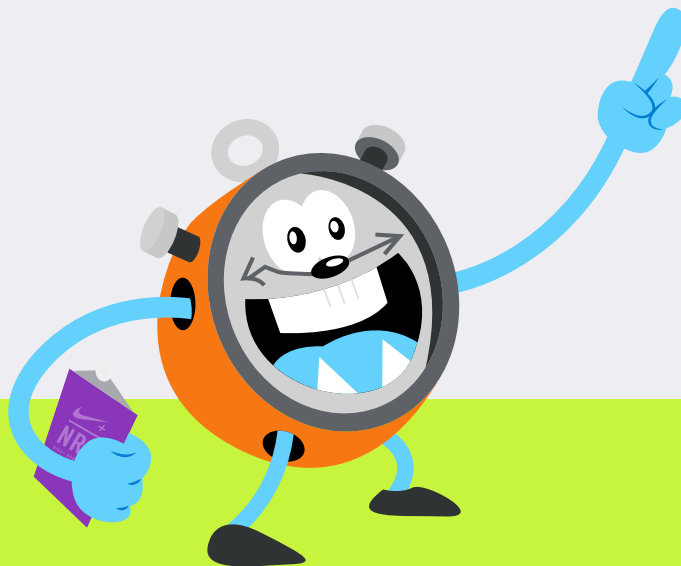


**FIND
YOUR
FAST
EVEN
FASTER**



FINDING FAST

By now you've experimented with going fast. The next run will take it up a notch. Here are some tips to help you find your fast even faster.



FINDING YOUR PACE

You have different gears when you run. During speed work, you should push yourself to a point where you are a little uncomfortable. During every other run, you should be able to talk (and breathe!) for the majority of the run. The correct pace is challenging, but always sustainable.

FINISH FASTER THAN YOU STARTED

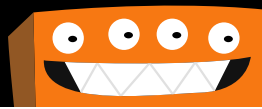
Practice running negative splits—this means running the second half of your run faster than the first. It may take some time to learn about your body in order to do this right, but nothing feels better than flying along at the end of your run.

OWN YOUR OWN FAST

Don't compare yourself to others. The goal of each run is to be better at the end than you were at the beginning. Focus on what you need to do to become a more elite version of yourself and you will find your own fast.

PREP FOR YOUR NEXT SPEED RUN

Think of your favourite track and field star. Imagine you're that person. Now imagine you're that person running a race. In the Olympics.



RUN 9

You know how we can tell you're getting stronger? You're totally ready to hit the track. That's right, that 400 metre (m) oval is not just for the pros. You belong out there. Simply bring your running shoes and your confidence along. You'll find your fast on the track.



TRACK ATTACK



WHAT TO EXPECT

Track workouts are no joke. It's not going to be the easiest of the ten runs, but you've got this. It's all about pushing your pace for a short period of time, recovering after, and then walking away with more speed than you had when you arrived.



WORKOUT

Warm up with two easy laps on the track. Then stretch. Run 200m at a hard, fast pace, followed by a 200m recovery walk or jog. Repeat six times. Cool down with two more relaxed, easy laps.



TIP

If you don't have access to a track, find a flat stretch where you can do the following: Warm up with an easy five-minute run. Stretch. Follow with one minute at a hard, fast pace and recover for one minute. Repeat six times. Cool down with a five-minute jog.



**SQUASH
THE
FEARS,
OUTRUN
THE
SCARES**



JUST DO IT

You're nearly there. You've almost finished your ten runs. But that probably doesn't make you feel like a seasoned veteran. Some fears, doubts or apprehensions may remain. Before you cross the finish line, we want to squash some of the common fears that many early runners carry with them.

YOU DON'T NEED A PARTICULAR BODY TYPE TO BE A RUNNER

The truth is, if you have a body, you're a runner. That's it. No matter what your body type—there is no questioning whether you're a runner or not.

NO ONE IS JUDGING YOU BECAUSE YOU'RE A NEW RUNNER

Unless you run with a giant sign that says "newbie" around your neck, people might not even know. You may feel self-conscious, but the truth is, no one is judging you when they see you running. More likely, they're inspired by you.

YOU DON'T NEED TO RUN EVERYDAY TO GET BETTER

Consistency is key to improve your running, but don't overdo it. Recovery Days are just as important as the harder workouts, so it's fine to take a day or two off.

YOU DON'T HAVE TO WAIT TO GET BETTER TO RUN WITH OTHERS

Don't be intimidated by running in a group. In fact, find friends to run with sooner rather than later. Runners who run together often run stronger, supporting each other regardless of pace and level. Remember you can run with us at NRC live sessions. [Find a run club near you.](#)





RUN 10

And just like that, you're almost done. See, we told you ten runs wouldn't be that hard. All it takes is some motivation, support and, well, hard work. Repeat after us: "I am a RUNNER". All there is to do now is celebrate your stride with some freestyle kilometres. Just lace up and run it your way.



RUN 10

RUN YOU



WHAT TO EXPECT

Today is all about you. Run where, when and with whomever you want. Whatever you do, know that you are going to be stronger, healthier and fitter afterwards.



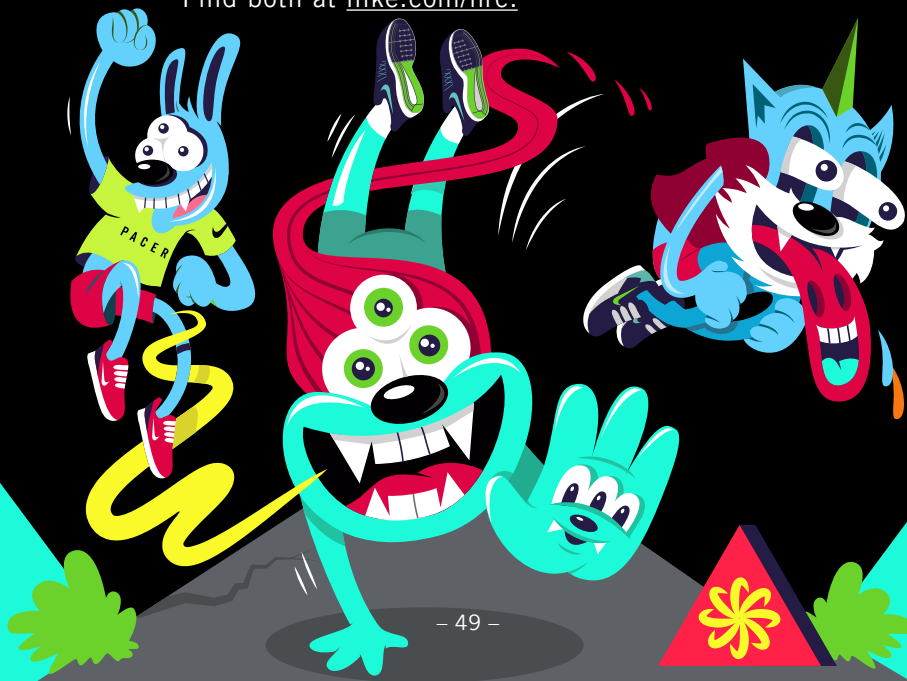
WORKOUT

Today is a freestyle run. Choose your adventure—pick a new route you've been meaning to try, run with a friend who is (or used to be!) faster than you, or simply put on your headphones and rock out to your favourite playlist for a few kilometres. It's your choice, you're the runner here.



TIP


Runners gotta run. This was only the beginning of your journey and there is no finish line... only more starting lines. Goals will keep you going and friends will keep you motivated. Find both at nike.com/nrc.





**YOU WERE
ALWAYS
A RUNNER.**

**YOU JUST
PROVED IT**



CONGRATULATIONS. YOU MADE IT!



YOU COMPLETED THE READY, SET, GO JOURNEY. CELEBRATE WITH YOUR FRIENDS AND FOLLOWERS USING #READYSETGO

Maybe you didn't believe us, but you were a runner from the start. Now you've proved that fact to yourself.

Over the course of this journey, you've defined yourself as a runner:

You learned about kilometre splits. You learned about Recovery Days. You learned about cross-training. You ran far. You ran smart. You ran FAST.

You proved you were up for something new. You proved you could do all the same workouts as the elites. You proved you had it in you all along. The World of Running is yours.

So, what now? Now you keep running. You're in the opening chapter of a lifelong running story. There's a phrase we use around here, and we think it applies to all running journeys:



THERE IS NO FINISH LINE

Running is an adventure.
And it can take you places you couldn't even imagine.

Want to get faster or go further? Want to run a race? Or maybe join a run club?
We've got you. Find all the tools you need to get after your next goal.

See what's next on nike.com/nrc

COME RUN WITH US.



 **PEAK**
LIKE THE
RUNNER
YOU  ARE



RUNNER LINGO

Speaking the language will help make you feel every bit the runner you are. Here are ten runner's terms to know.

1 – SPEED RUN

A Speed Run is where you run fast for multiple brief periods. These intervals can be the same length and pace with the same amount of recovery time or can involve various distances, paces and recovery periods. Intervals are the best way to improve your fastest pace. Ideally, this type of a workout is done on a track but it can be done just about anywhere. You may choose to use streets, traffic lights or even trees as interval markers.

2 – ENDURANCE RUN

An Endurance Run is a long-distance run at a comfortable pace. It is an essential part of your training that helps the body and mind adapt to increased distances. This run should be run as a Progression Run (see definition of Progression Run).

3 – RECOVERY RUN

Recovery Runs are the runs you do on days between your hard workouts. They shouldn't be challenging, but they should be run progressively (see definition of Progression Run). Recovery Runs are just as important as your hard workouts.

4 – PROGRESSION RUN

Progression Runs are runs that start at a slower pace and finish at a faster pace. They improve stamina and allow the body to adapt to the stress of running. Anytime you're not doing a speed or strength workout, you should aim to run progressively.



5 – FARTLEK

The Swedish term for speed play, a Fartlek works on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, kilometres or alternating every street.

6 – TEMPO PACE

This is the pace that teaches your body to be comfortable being uncomfortable by maintaining a quick and steady pace for a specified distance.

7 – STRIDES

These are very short, fast efforts that build your overall speed without exhausting you. Not all-out sprints, but fast, relaxed running. Take plenty of recovery between each stride. Start with two or three after your run and eventually work your way up.

8 – OVERPRONATION

This occurs when your heel comes into contact with the ground and your foot rolls inward excessively as you toe-off with your big toe.

9 – PB

A personal best – a person's fastest time at any given distance.

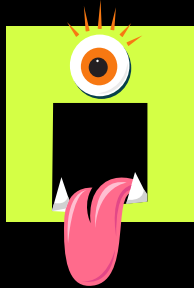
10 – PACE

When runners talk about pace, they are referring to the amount of time it takes to run one kilometre. So, seven-minute pace becomes a run at seven minutes per kilometre.



HOW DID YOU FEEL?

Take time to reflect on your 10-run journey and how you felt doing the runs.



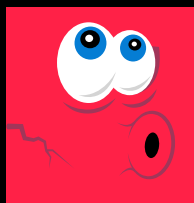
I FELT UNSTOPPABLE!

See? We always knew you could do it.



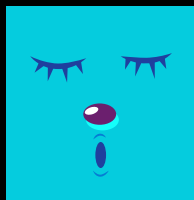
I FELT AWESOME

Way to rock it!



I FELT SO-SO

Write down what was good and what was bad about your run.



I FELT TIRED

You got out there, so you're a winner anyway. Jot down what was bad about it.



I GOT INJURED

Uh oh, easy now. Seek medical attention now, then get right back to the guide when you feel better.



READY, SET, GO 10 RUNS

These 10 workouts will help you learn the basics, gain confidence and discover why running is NRC's favourite pastime. The workouts are designed to be run sequentially, but unlike other rigid training plans, you can choose what days you run. You'll get the best from your RSG plan if you take a rest day in between each run. We'd recommend printing this page and placing it somewhere visible so you can track your progress as you go.

01 GET OUT HERE ▶ 6-MINUTE OUT-AND-BACK

02 BEAT BUSTER ▶ FARTLEK RUN

03 CRUISE CONTROL ▶ RELAXED RECOVERY RUN

04 MAP MAKER ▶ LONG RUN

05 LEVEL UP ▶ INCLINE RUN

06 RECOVERY MISSION ▶ 3K RECOVERY RUN

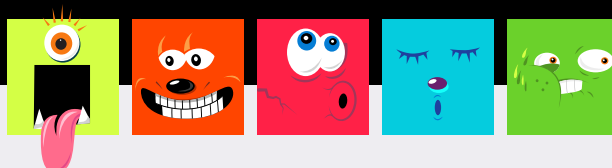
07 RUN WILD ▶ SPEED WORKOUT

08 KILOMETRE MUNCHER ▶ YOUR LONGEST RUN

09 TRACK ATTACK ▶ TRACK WORKOUT

10 RUN YOU ▶ FREESTYLE RUN

HOW DID YOU FEEL?



Try to get in the habit of recording your post-run thoughts and feelings using the Nike+ Running App. As your training journey continues, you'll be able to look back on ups and downs, spot trends, monitor your progress, and learn more about yourself as a runner.



NRC

NIKE+ RUN CLUB